

## Key points for healthier living with COPD.

- If you are taking medicines, take them as ordered and make sure to refill them so you do not run out
- See your doctor at least two times a year, even if you are feeling fine
- Bring a list of medicines you are taking to your doctor's visit
- Ask your doctor or nurse about getting a flu shot and pneumonia vaccine
- Keep your body strong by learning breathing exercises and exercising regularly—walking is a great start
- Eat healthy foods including lots of fruits, vegetables and protein—food like lean meat, fish, eggs, milk and soy

If you find that it is becoming more difficult to catch your breath, your coughing has gotten worse, you are coughing up more mucus or you have signs of infection (such as a fever and feeling ill), you need to call your doctor right away.

For help understanding your COPD and managing your symptoms for an improved quality of life, call a COPD Management Health Coach, toll free at **1.866.430.ALL1 (2551)** or **(TTY) 1.877.720.7771**, weekdays, 8 a.m. to 8 p.m. EST, or visit [www.myallonehealth.com](http://www.myallonehealth.com).

**AllOne Health is here to help you.**  
Find out how you can get started today!

Your health is important to us and we know your privacy is important to you! Rest assured that information shared on your Health Assessment or with your Health Coach is kept private and confidential. **We will not share your personal information with your employer or anyone else (unless required by law).** We use the information you share through our Health Management programs only to help you meet your goals for better health and a healthier lifestyle!

HEALTH MANAGEMENT

# Chronic Obstructive Pulmonary Disease



04-A0012 9/10  
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**If you are one of the millions who have COPD, it is important for you to learn about your condition and how you can manage it.**

### Management begins with you.

AllOne Health® offers programs that make it easier for you to better manage your health. Through the AllOne Health Chronic Obstructive Pulmonary Disease (COPD) Management Program, you will receive education and support from Health Coaches, who are registered nurses with specialized training in COPD management. Health Coaches can offer support to help guide your discussion with your doctor and to make sure you have the information you need to make the decisions that are best for your health. By recognizing and understanding your symptoms and taking the medication that will best treat those symptoms, you are taking actions that lead to better health.



The AllOne Health COPD Program is not meant to take the place of your doctor but, instead, it complements your doctor's care and treatment plan to give you extra support. And remember, a Health Coach is just a phone call away!

### Management takes understanding.

#### What is COPD?

Chronic Obstructive Pulmonary Disease is a lung disease that affects millions of people. COPD includes diseases such as emphysema and chronic bronchitis. A person with COPD can have either emphysema or chronic bronchitis, but most have both. Some people with COPD may also have "asthma-like" symptoms, such as wheezing.

Cigarette smoking is the most common cause of COPD. Most people with COPD are smokers or former smokers. Breathing in other kinds of lung irritants, like pollution, dust or chemicals over a long period of time may also cause or contribute to COPD.

#### How is COPD treated?

Quitting smoking is the single most important thing you can do. Your doctor will recommend you quit and recommend treatments that help relieve your symptoms and help you breathe easier. Your doctor may recommend bronchodilators that work by relaxing the muscles around your airways, making breathing easier. Other medicines that can be used to treat COPD are inhaled corticosteroids, which work to reduce airway inflammation.



The goals of COPD treatment are to:

- Relieve your symptoms with minimal or no side effects of treatment
- Slow the progress of the disease
- Improve your exercise tolerance (ability to stay active)
- Prevent and treat complications and sudden onset of problems
- Improve your overall health

### Actions lead to better control.

#### Guidelines for managing COPD:

People with COPD must become active in the management of their disease. Participating in your treatment plan will help you take charge of your breathing.

Manage COPD by doing the following:

- Learn more about COPD
- Lead a healthy lifestyle that includes exercise and diet
- Quit smoking
- Follow your medication therapy and/or oxygen therapy
- Retrain your breathing
- Learn techniques to bring up mucus
- Develop an action plan